

**Basic Report 11238, Mushrooms, shiitake, raw [a](#)**

Report Date: September 29, 2014 06:38 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1.0 piece whole 19g
<b>Proximates</b>			
Water	g	89.74	17.05
Energy	kcal	34	6
Protein	g	2.24	0.43
Total lipid (fat)	g	0.49	0.09
Carbohydrate, by difference	g	6.79	1.29
Fiber, total dietary	g	2.5	0.5
Sugars, total	g	2.38	0.45
<b>Minerals</b>			
Calcium, Ca	mg	2	0
Iron, Fe	mg	0.41	0.08
Magnesium, Mg	mg	20	4
Phosphorus, P	mg	112	21
Potassium, K	mg	304	58
Sodium, Na	mg	9	2
Zinc, Zn	mg	1.03	0.20
<b>Vitamins</b>			
Thiamin	mg	0.015	0.003
Riboflavin	mg	0.217	0.041
Niacin	mg	3.877	0.737
Vitamin B-6	mg	0.293	0.056
Folate, DFE <a href="#">b</a>	µg	13	2
Vitamin D (D2 + D3)	µg	0.4	0.1
Vitamin D	IU	18	3

**Footnotes**

<sup>a</sup> Ergosterol = 85 mg/100 g.

<sup>b</sup> Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid

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